


















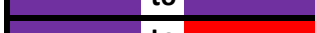

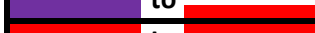

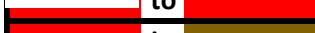



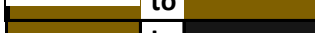



SOLIS ORTUS KATA AND AGE GRADING REQUIREMENTS

when grading to your next belt level it is compulsory that you know your new kata together with all previous katas needed for previous gradings

BELT level	Kata	Number of moves
to 	Heian Shodan	1 - 9 (1st Kia)
 to 	Heian Shodan	1 - 21 (whole kata)
 to 	Heian Nidan	1 - 11 (1st Kia)
 to 	Heian Nidan	1 - 26 (whole kata)*
 to 	Heian Sandan	1 - 10 (1st Kia)
 to 	Heian Sandan	1 - 20 (whole kata)*
 to 	Heian Yondan	1 - 13 (1st Kia)
 to 	Heian Yondan	1 - 27 (whole kata)*
 to 	Heian Godan and Tekki Shodan	1 - 23 & 1 - 29 (whole katas)*
 to 	Jion	1 - 47 (whole kata)*
 to 	Bassai Dai	1 - 42 (whole kata)*
 to 	Empi	1 - 37 (whole kata)*
 to 	Kanku Dai	1 - 65 (whole kata)*
 to 		
 to 		

**AGE REQUIREMENTS FOR VARIOUS BELT LEVELS:

Ages 5 - 9 grades to belts with white stripes i.e. white to yellow 1 to yellow to orange 1 etc;

When you are 10 and you are on a belt with white stripe you will grade to next belt with white stripe i.e. orange 1 to green 1 to blue 1 etc; if you are on a solid belt you will continue to grade to solid colours

If you start karate at the age of 10 you will only do solid belt gradings (no white stripe belts) i.e. white to yellow to orange to green UNTIL you reach blue belt then you start grading with stripes again. The reason is because the level of grading becomes too intense for youngsters

If you start with Junior Belt Qualifications you cannot jump to the Senior Belt Qualifications, regardless your age; as the grading curriculum differs and is more advanced.